

## PREMATURITY

(142)

**PARTICIPANT TYPE..... INFANTS, CHILDREN (12-14 MONTHS OLD)**  
**HIGH RISK.....No**

### **RISK DESCRIPTION:**

Birth at less than or equal to 37 weeks gestation

### **ASK ABOUT:**

- Infant's need for human milk fortifier or special formula
- Caregiver's knowledge of feeding needs and ability to follow feeding instructions
- Growth history
  - Anthropometric measurements for premature infants enrolled in the WIC Program are adjusted for gestational age until 2 years of age when plotted on the CDC growth charts.
- Other medical complications or conditions affecting nutritional status and feeding such as cerebral palsy, respiratory conditions, malabsorption problems, etc.
- Medications that may affect nutrient needs or absorption
- Feeding relationship especially for older infants and toddlers when adequate weight gain has been on ongoing concern
- Access to ongoing health care and follow-up.

### **NUTRITION COUNSELING/EDUCATION TOPICS:**

- Reinforce any diet and feeding instructions from their physician or neonatal dietitian.
- Developmental feeding cues are more important than chronological age when determining readiness for new foods and textures.
- Review relevant feeding guidelines for adjusted age including:
  - Breastfeeding problems and concerns;
  - Foods, amounts and feeding/breastfeeding frequency;
  - Parent's awareness of hunger and satiety cue;
  - Waking a sleepy infant for feedings; and
  - Proper formula dilution and sanitary formula preparation.
- Discuss the feeding relationship and the child's responsibility to decide how much to eat. If adequate weight gain is a concern, suggest strategies for increasing the caloric density of the foods offered.

<b>POSSIBLE REFERRALS:</b>
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- Refer the child to the Right Track Program for early intervention services (<http://www.nd.gov/dhs/services/disabilities/earlyintervention/parent-info/right-track.html>).
- Follow-up with the infant's physician as needed regarding medical documentation for human milk fortifier or special formula.